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PRESS RELEASE – For Immediate Release

Contact: Susie Beem, Arthritis Program Coordinator, 737-5946

Physical Activity Classes Planned for People with Arthritis

Do you have arthritis? Would you like a way to help relieve some of the pain that is associated with arthritis? Studies have found that physical activity can help alleviate some arthritis pain. For many years, it was believed that physical activity would do more harm than good for people with arthritis. It was believed that physical activity could damage joints, but recent studies show the opposite. Studies show that moderate physical activity helps people with arthritis. Regular moderate physical activity can help people with arthritis feel less pain, move more easily and do more activities, and feel more energetic and positive. It also helps keep muscles, bones, and joints healthy. Low impact activities are best, such as walking, swimming, and biking. There are four physical activity classes in the Magic Valley that are offered specifically for people with arthritis.

South Central District Health, Bridgeview Estates, Twin Falls Senior Center, and the Arthritis Foundation are partnering to offer the Arthritis Foundation Exercise Program (formerly called PACE) at the Twin Falls Senior Center, located at 530 Shoshone St. South. This free class is held on Mondays, Wednesdays, and Fridays from 1:30-2:30 p.m. New participants can register on-site at their first class.

South Central District Health, Filer Senior Haven, and the Arthritis Foundation are partnering to offer the Arthritis Foundation Exercise Program at the Filer Senior Haven, located at 222 Main

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Page 2

Street in Filer. This class is held on Mondays, Wednesdays, and Fridays from 1:30-2:30 p.m. New participants can register on-site at their first class. The classes are free for active senior center members, and non-senior center members will pay \$2 per class.

The Arthritis Foundation Aquatic Program is offered in Twin Falls at the YMCA/City Pool, located at 756 Locust St. North. This class, which has a small fee, is held on Mondays, Wednesdays, and Fridays from 9-10 a.m. New participants can register on-site at their first class. Certified Aquatic instructors teach this class.

During all classes, the instructors lead participants through a series of specially designed range-of-motion and muscle-strengthening exercises. Increased flexibility, reduced pain and stiffness, increased muscle strength, and a better sense of well-being are among the benefits reported by participants in the program.

Volunteer Joan Walton facilitates a walking class on Tuesdays and Thursdays from 5:15-6:15 p.m. at the First Christian Church, located at 601 Shoshone St. North in Twin Falls. New participants can register on-site at their first class.

All of these programs provide an opportunity for people with arthritis to meet others and to have fun in a friendly and supportive atmosphere.

Please call Susie Beem at South Central District Health, 737-5946, for more information on these classes.

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